

Problem Solving

Problem solving is the act of defining a problem; determining the cause of the problem; identifying, prioritizing, and selecting alternatives for a solution; and implementing a solution.

Solving problems means making choices. Typically, effective problem-solving skills result in "happier, more confident, and more independent" individuals. When you tackle problems on their own, or in a group, you become resilient. You learn to look at challenges from a fresh perspective.

For children, problem-solving skills are an important life skill they will need to develop so they are able to make healthy decisions for themselves. If you are able to solve problems on your own, you will be happier, more confident and more independent; you will not feel frustrated or disheartened in their inefficiency.

Rather than being looked on negatively, problems help build character, resilience and perseverance. They afford us opportunities to see things differently, do things in a different way, and evoke lateral thinking. If you lack problem-solving skills you may avoid trying new things, may ignore certain situations altogether or act rashly when presented with a problem.

The **Problem Solving worksheet** covers one of five problem-solving steps with a rationale, tips, and questions. The steps include defining the problem, generating solutions, choosing one solution, implementing the solution, and reviewing the process. These five problem-solving steps can be useful in day-to-day life.

Resources:

[Problem solving worksheet](#)

[Social Problem solving worksheets](#)

[Problem solving](#)

Overview of the problem-solving mental process

<https://www.verywellmind.com/what-is-problem-solving-2795485>

Problem solving with teenagers: steps and tips

<https://raisingchildren.net.au/pre-teens/behaviour/encouraging-good-behaviour/problem-solving-steps>